



Thüringen Pokal 2017 und TRL

Heyda / 09.09.2017

□□□□

Müller, Jörg

□□: USV Jena

□□□: 39:26

□□□□: 11:15 min/km

□□: 3.50 km / 11 □□

□□□□:

H55 (Herren ab 55)

□□□□□: 6(of 8)

□□□□□□: 31:00

□□: 8:26

□□□□

| □□ | □□ □□ | □□ - | □□ - | □□ % | □□□ □□ | □□ - | □□ - | □□ % |
|---------|----------|---------|---------|---------|-----------|---------|---------|---------|
| 1 (57) | 3:27 | 3 | 0:28 | 15.6 | 3:27 | 3 | 0:28 | 15.6 |
| 2 (38) | 1:22 | 2 | 0:04 | 5.1 | 4:49 | 3 | 0:23 | 8.7 |
| 3 (36) | 7:23 | 8 | 3:08 | 73.7 | 12:12 | 7 | 3:28 | 39.7 |
| 4 (35) | 5:21 | 5 | 1:23 | 34.9 | 17:33 | 6 | 4:51 | 38.2 |
| 5 (50) | 3:38 | 4 | 0:27 | 14.1 | 21:11 | 6 | 5:11 | 32.4 |
| 6 (34) | 2:00 | 4 | 0:13 | 12.2 | 23:11 | 6 | 5:00 | 27.5 |
| 7 (42) | 3:05 | 4 | 0:18 | 10.8 | 26:16 | 5 | 5:06 | 24.1 |
| 8 (39) | 1:14 | 4 | 0:13 | 21.3 | 27:30 | 4 | 5:11 | 23.2 |
| 9 (40) | 5:00 | 4 | 1:27 | 40.9 | 32:30 | 5 | 5:36 | 20.8 |
| 10 (49) | 4:37 | 8 | 2:43 | 143.0 | 37:07 | 6 | 8:09 | 28.1 |
| 11 (99) | 1:37 | 4 | 0:38 | 64.4 | 38:44 | 6 | 8:17 | 27.2 |
| □□ | 0:42 | 4 | 0:09 | 27.3 | 39:26 | 6 | 8:26 | 27.2 |